

QuitNow
Kentucky 

Quit Now Kentucky

Kentucky's Tobacco Quitline has changed to

Quit Now Kentucky

The telephone service is still 1-800-QuitNow

The online service is www.QuitNowKentucky.org

Quit Now Kentucky

1-800-QuitNow

8am to 1am EST (7am to 12 midnight CST)

Monday through Sunday

119 hours per week

All services are bilingual at time of call

Quit Now Kentucky

Kentucky residents calling outside the hours will be given the option to listen to QuitFacts, and/or leave a voice message.

All voice messages will be returned within 24 hours.

QuitFacts topics include:

- What increases your chances of quitting?
- Preparing to Quit
- Spit Tobacco
- Nicotine Replacement Treatment
- How to Deal with a Craving

Quit Now Kentucky

1-800-QuitNow(1-800-784-8669)

For Tobacco users who want to quit in next 30 days

When you call the quit line:

- Support and advice from an experienced quit coach
- A personalized quit program with self-help materials
- The latest information about medications
- Receive 5 coaching sessions for adults
- Receive 8 coaching sessions for pregnant tobacco users (3 post partum)
- Proactive coaching sessions for tobacco users 15 and older
- Referrals to Cooper Clayton classes

Quit Now Kentucky

www.QuitNowKentucky.org

If not ready to quit in next 30 days

- The opportunity to chat with others for social support
- Live forums and confidential emails
- Information about quitting
- Tobacco and Your Health information
- Nicotine & Addiction
- Secondhand smoke
- Tailored motivational messages
- A Smoking Calculator
- MyQuitPath if you choose to quit

Quit Now Kentucky

NJH Coaches Training

- ✓ Treating Tobacco Use and Dependence:2008 Update
- ✓ Health Behavior Change
- ✓ Motivational Intervention: Second Edition Preparing People for Change
- ✓ Tobacco Dependence Treatment Handbook
- ✓ Cultural Competency Training
- ✓ Patient Confidentiality (HIPAA)

Quit Now Kentucky

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Thank you!

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